

## 2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 76: Days of Physical Activity Believed to Be Needed Compared with Actual Activity Level (Phone Sample)**

About how many ~~times~~ days each week ~~should~~ do you think you ~~should~~ exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least ~~30 minutes at a time~~ one hour? For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

Physical Activity	Percent	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
		0-2	3-4	5-6	7+
Days believed to be needed					
0-2	10	28	31	28	14
3-4	33	8	32	31	28
5-6	25	13	36	34	16
7+	31	19	24	22	34

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Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005